

Elaborating on Feelings

Feeling or Emotion

I felt this way when

Excited

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Scared

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Nervous

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Sad

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.....

Upset

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.....

Surprised

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.....

Bored

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Restless

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Confused

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Tired

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Embarrassed

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.....



Elaborating On Feelings

Explain what these feelings mean if the child needs support.

Give help and support if they are stuck on any of them.

Give further support if needed from the answers.